



You can commit to all sleep being in the cot at home for the first five days of the plan. If your child attends a different childcare setting, this is fine, just start when you have the greatest number of consecutive days at home



Your baby has been 100% well and pain free for at least five days



You feel ready to commit to following the plan to the letter for all sleep night and day



Neither you nor your child have anything on the 'emotional horizon' in the next 4 weeks, such as a new baby, house move, nursery start



After digesting the plan, you feel confident, fully-informed and ready to begin